

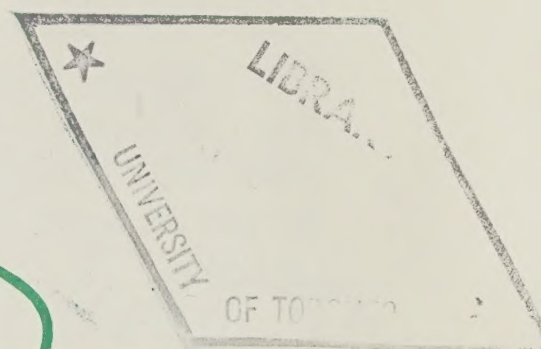


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Is coaching for you?

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Well, I'm not sure....

How does that Theory stuff apply to me?
I'm for football, myself.

A football coach can learn from a basketball coach, gymnastic coach, track coach, whatever, because all of them have to deal with the same concerns—conditioning, motivation—all those coaching principles that apply to all sports.



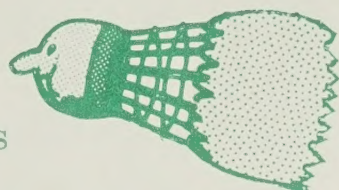
What subjects
do you cover
in Theory?

The first is Role of the Coach. It clarifies responsibilities of a coach and the inter-relationships between a coach, an athlete and the team...

Would it tell me how to get my team up for a big game?

Yes, that's in Psychology of Coaching. You learn about the psychological needs of an athlete, motivation, stuff like that. Then in Motor Learning we set out the process by which physical skills are learned most effectively. Sport Medicine covers care, prevention and understanding of injuries. Growth and Development relates physical activity to various age, sex and growth differences of athletes. Training Methods discusses diet, pre-season training, effects of exercise, different methods for different sports, things like that. And the course covers lots of other aspects of coaching you'll want to know too.

Say, how long are these courses?



The Theory course, level 1, requires only 16 hours. You might take this 1 night a week in a 2-hour session, for 8 weeks. If you went 2 nights a week, it would only take 4 weeks. If you prefer Saturdays and Sundays, it would only take 2 weekends, and if you went on Sunday evenings from 6 to 10 p.m. it would take 4 of those. You pass if you attend all your classes—and there's no exam.

And level 2— how long is it?

40 hours— in a similar schedule. Your pass is based on attendance plus a project or test.

How about the other levels?

60 hours for level 3—probably over a week's period with in-house residence. This is a new program so the courses for levels 4 and 5 haven't been finalized, so we don't know the time they'll require. Once you become involved you'll find there's scarcely enough time to discuss all the ideas you have and you'll want to learn more.

Tell me about the Technical courses.

These are produced by the national sports bodies in Ottawa for the whole country. Specialists in each sport are brought in from the provinces, to give us the best sport packages. Many of the coaches of our teams at the Montreal Olympics are contributing—they've been exposed to the finest teaching techniques in the world.

Is this where I would learn about football?

Yes. Skills and drills, offensive and defensive strategy, conditioning, rules, administration are all discussed in relation to various sports—basketball, tennis, curling, soccer, you name it. These Technical courses come in levels 1 to 5 too, becoming more involved as you progress. You'll receive an excellent coaching manual which summarizes the material in both the Theory and Technical areas.

How much time does the Technical area take?

About the same as for Theory, generally offered over weekends.



Are the instructors really with it?

Yes, they're trained in the Technical area by the national sport bodies. And all instructors in both Theory and Technical must first attend weekend schools so they can give the best possible instruction to coaches.

You mentioned a Practical area?

That's where you use your knowledge in actual coaching. Each sport has its own requirements. Some sports accept prior coaching experience to satisfy their requirements. Stricter ones ask for coaching experience after, or at the same time as the Theory and Technical courses. Generally speaking, level 1 requires 1 year of coaching experience, level 2 requires a total of 3 years experience in coaching, while level 3 requires a total of 5 years experience. Where possible, we hope to have on-the-scene evaluation of coaches made by experienced members of

the appropriate sport-governing body. Sometimes, recreation directors or other qualified people can do it. The sport body concerned can give you the details.

Will I get a certificate?

Yes, on completion of the Theory, Technical and Practical areas of that level. It is better to take these in this order, especially if you're a rookie coach. Some coaches may find this inconvenient, so it is possible for them to take Technical before Theory, or Practical before Technical. However, you must take Theory 1 before Theory 2, 3, 4, and 5—and the same for Technical and Practical.

Is this the best coaching course I could take?

Yes. We hope funds will be available to send top Canadian coaches to countries where the expertise in their sport is such that they will learn from the best and come home to coach Canadian athletes. Winning-at-all-costs is not our aim in this program. Self-discipline, honest respect and good sportsmanship is, and coaches with greater experience will help players put fun back in the game and enjoy total commitment.

I think coaching is for us.
Where do we sign up?



FOR FURTHER INFORMATION, CONTACT:

The sport of your choice (for instance, Basketball),
 Sport Administrative Centre,
 559 Jarvis Street,
 Toronto, Ont. M4Y 2J1
 Phone 416-965-8655

Or a regional office of the Ministry of Culture and Recreation:

Northwestern Region

Ontario Government Bldg.,
 435 James St. S., 3rd Floor,
 Box 5000,
 Thunder Bay, Ont. P6A 2Z5
 Phone 807-475-1255

Northeastern Region

215 Oak St., 2nd Floor,
 North Bay, Ont. P1B 1A2
 Phone 705-474-3821

Southwestern Region

495 Richmond St., 5th Floor,
 London, Ont. N6A 5A9.
 Phone 519-438-2947

Eastern Region

Rideau Trust Bldg.,
 11th Floor, Room 1116,
 1 Nicholas St.,
 Ottawa, Ont. K1N 7B7.
 Phone 613-232-1116

Central West Region

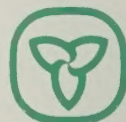
1083 Barton St. E., 2nd Floor,
 Hamilton, Ont. L8L 3E2.
 Phone 416-549-2471

Central East Region

863 Bay St., 3rd Floor,
 Toronto, Ont. M7A 2R9.
 Phone 416-965-0283

Or phone your local recreation department.

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Ontario

Ministry of
 Culture and
 Recreation

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 Fitness
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